

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
January 22, 2009

- I. The meeting began at 3:38 pm. The following members were present: Kathy Bertelsen, RD (Food Services Manager); Michelle MacKinnon, RD (Food Service Supervisor/Nutrition Specialist; Stacie Kilcoyne, RN (District Nurse)
- II. The minutes of the previous meeting were reviewed and no changes were recommended.
- III. Kathy reported that there were two upcoming conferences: the CSBA School Wellness Conference Oct 6-7 in Anaheim and the Childhood Obesity Conference June 9 - 12 in Los Angeles.
- IV. Wellness News in the Community – three parks in Lompoc now have new playground equipment thanks to the work of the Community Health Improvement Project of the Lompoc Valley Community Health Organization (LVCHO).
- V. Examples of “wellness” working in the District
 1. Food Services was awarded a grant for \$55,548 from the Orfalea Foundation in which to purchase hot serving counters at the middle schools and provide chef training for Food Service staff in March and April. The purpose of the grant is to institute cooking from scratch at the secondary schools in the district. Also as part of the grant, the FoodPlay assembly was offered at 4 elementary schools in May (Los Berros, Hapgood, C. Ruth and La Honda). FoodPlay is a presentation in which actors do a “role play” activity around healthy lifestyle behaviors which is fun and interactive for children.
 2. This month some menu items that are “scratch cooked” are being served at Lompoc High and Cabrillo High, such as barbecue chicken and oven roasted potatoes.
- VI. There were no new committee comments or issues that need to be addressed regarding wellness in the district this month.
- VII. Goals for This Year:
 1. Goal #1 to update AR5030 was accomplished
 2. Goal #2 to finish collecting data for indicators selected for the 2006-2007 year:
 - Unable to collect data from 4 schools regarding changes in items sold for fundraising
 - Unable to determine number of minutes of PE taught without surveying teachers
 - We surveyed parents to evaluate if the Wellness Policy is working, but have not been able to survey students and teachers
- VIII. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30
Our next meeting was scheduled for Thursday February 26 (meetings were on hold for the rest of the 2008-2009 school year due to illness of the chair)
- IX. The meeting adjourned at 4:30 pm